SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22 SHOPPERS DRUG MART

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SCOTLAND DECIDES

AS SCOTS HEAD TO THE POLLS TO VOTE ON INDEPENDENCE, METRO STAFFERS TRADE VIEWS ON SOVEREIGNTY PAGE 16

Ford's tumour malignant

Toronto mayor diagnosed with rare, hard-to-treat form of cancer PAGE 10

NEWS WORTH SHARING.

A year after the Route 76 tragedy

OC Transpo. Since fatal Fallowfield crash city, Via Rail, TSB still working to understand what went wrong

LUCY SCHOLEY
lucy.scholey@metronews.ca

A makeshift memorial began at the crash site in the days following the Sept. 18, 2013, tragedy. JOE LOFARO/METRO FILE

One of the darkest moments in Ottawa's history will be on the minds of OC Transpo bus drivers and passengers today.

On Sept. 18, 2013, six people died and more than 30 were injured when an OC Transpo bus collided with a VIA Rail train near Fallowfield Station.

Connor Boyd, 21, Kyle Nash, 21, Michael Bleakney, 57, Karen Krzyzewski, 53, Rob More, 35, and bus driver Dave Woodard, 45, did not survive.

Drivers will try to pull over at 8:47 a.m. to commemorate the tragedy. They will also wear green and shorts in honour of their colleague.

"Green was Dave's favourite colour. Shorts, he loved to wear, as long as he could, into the season," said Craig Watson, president of the Local 279 Amalgamated Transit Union.

He said peer support would also be available for bus drivers on this difficult day of remembrance.

City hall is also commemorating the day. A transit commission had a moment of silence at city hall on Wednesday morning.

"This was a particularly dark day in my life and I think that goes for most people in our city and certainly those most affected by the tragedy," said Diane Deans, councillor and chair of the transit commission.

Bus Route 76 has been retired and replaced with Route 72. City hall flags will be lowered to half-mast on Thursday, at the request of the families of lost loved ones. A commemorative plaque is in the works, but will depend on the wishes of the families, said Deans.

While waiting for a bus at Fallowfield Station on Wednesday evening, Jennifer Lamendeau, 32, reminisced about Boyd, whom she worked with at McDonald's. He will be on her mind when she boards the bus for work again on Thursday.

"He was that type of person that would make anyone laugh with that awesome laugh he had," she said.

Several railway crossing signals in Barrhaven have malfunctioned since the crash. VIA Rail has implemented most of its 130 work recommendations, including installing sensors and new computer programs and minimizing dirt buildup between switches.

A spokesperson from VIA Rail said all repair work would be finished by the end of the month.

The Transportation Safety Board will give an update on its study of the signal malfunctions next week.

Metro spoke with other transit users at Fallowfield Station who said the tragedy was on their minds, but has not changed their transit routine.

"It's a really awful event, but it's happened and you have to move on," said Julie Parker, 56, adding she's "100 per cent" confident in taking the bus to work every day.

"OC Transpo is very safe," said Watson. "This was a one-off, a tragedy that should have never have happened and will never happen again. The bus drivers are excellent at safety. They make sure that they take pride in the jobs they do and they're proud to pick people up."

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FIVE THINGS YOU NEED TO KNOW TODAY

1
UNITED WAY REVEAL
The United Way will reveal its community fundraising target at the Ernst & Young Centre today at 8:35 a.m.

2
RICHMOND FAIR ANNIVERSARY
Starting Thursday, Richmond Fair celebrates its 170th year with a demolition derby, live shows, and rock climbing. Free admission opening day.

3
WHOPPER DEAL
Industry Minister James Moore has received the application for a foreign-investment review of Burger King's $11-billion takeover of Tim Hortons. He expects it to be processed within a few weeks.

4
FACING FACEBOOK
Facebook is meeting with San Francisco drag performers and activists over the site's policy requiring people to use their real names. The group says the policy is unfair.

5
TYPE 2 DIABETES
People with the highest intake of high-fat dairy products reduced their chances of developing type 2 diabetes by 23 per cent, according to a study at Sweden's Lund University Diabetes Centre.

Local terror cell ringleader Hiva Alizadeh pleads guilty

Court. Judge says conviction amounts to treason

After pleading guilty Wednesday to a terrorism charge, the ringleader of an Ottawa terror cell said he'd had time to reflect on his actions during the four years he spent behind bars.

Hiva Alizadeh, 34, entered the surprise plea in an Ottawa courtroom before expressing remorse in court to Justice Colin McKinnon. The former school custodian was convicted of possessing an explosive substance with intent to cause harm. He was sentenced to 24 years in prison, but will serve 18 after being credited for time served.

"I'm here today in front of this court to acknowledge my mistake and everything wrong I have done," said Alizadeh, in a soft-spoken voice, wearing an untucked, striped shirt.

Alizadeh is one of three men who were arrested as part of Project Samosa — a major RCMP investigation that involved wiretaps, audio probes, and covert searches of residences and cars in the Ottawa area in 2010.

Investigators started following Alizadeh in late 2009 before arresting him and another Ottawa man as well as a man in London, Ont., on Aug. 25, 2010.

After a trip to Afghanistan in 2009, Alizadeh smuggled instructional materials on how to construct IED triggering devices for bombs, 56 circuit boards, a transmitter, and "violent jihadist propaganda videos" with the intent to upload them to YouTube, according to an agreed statement of facts.

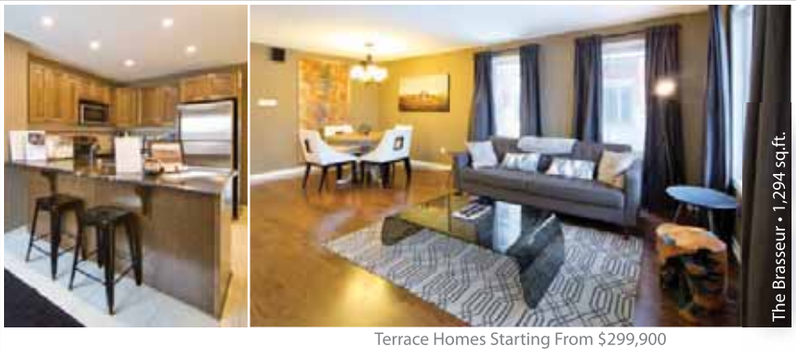
His lawyer, Leo Russomanno, says his client was not radicalized when he came to Canada in 2002, but was later exposed to radical ideology.

McKinnon said Alizadeh will face a lifetime of stigma for essentially being convicted of treason.

"You have brought untold shame upon your family, your community and peace-loving Muslims throughout this country," said McKinnon.

Leo Russomanno, defence lawyer for convicted terrorist Hiva Alizadeh, told reporters outside of court on Wednesday that his client is remorseful for his actions. JOE LOFARO/METRO

Alizadeh is one of three men who were arrested as part of a major RCMP investigation. One of the trio, Khurram Sher, was acquitted in August of conspiring to facilitate a terrorist activity. The other man, Misbahuddin Ahmed, is awaiting sentencing after being convicted of conspiring to facilitate terrorist activity and participating in activities of a terrorist group. JOE LOFARO/METRO



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Police investigating fatal highway crash

Mark Holland. 37-year-old dead after car hit the back of a tractor-trailer parked on the shoulder of Highway 417

Ontario Provincial Police are investigating a fatal crash on Highway 417 eastbound, east of Boundary Road.

Police say 37-year-old Mark Holland of Casselman died when his car crashed into the back end of a tractor-trailer that was parked on the shoulder of the highway around 7:45 a.m.

Readers responding to an online report about the crash in the Ottawa Citizen remembered Holland fondly.

"Mark Holland was coming back home after a 12-hour night shift to support his 4 children. He was exhausted and you know how tiredness on the road can strike you anytime. He was the definition of a good guy, always willing to help," wrote Guillaume Déziel.

Cara Meers, whose Facebook profile lists her as a financial analyst at Agriculture and Agri-Food Canada, called the accident tragic.

"I have known Mark for the past 3 years and he was a super nice guy, a great family man and very dedicated to community sports," she wrote.

Highway 417 eastbound was closed for several hours at Boundary Road, forcing motorists to use emergency detour routes. The OPP are asking anyone who may have any information about the crash to contact them at 613-270-9171. METRO

Firefighters work to remove the body of Mark Holland, who died when his car smashed into the back of a transport truck that was parked on the right shoulder of the 417 east of Boundary Road near Vars, Ont., Wednesday. MIKE CARROCCETTO/METRO

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Stabbing

Arrest in violent cellphone robbery

Ottawa police arrested a suspect Monday in a May 25 robbery in which a 19-year-old man was stabbed for his cellphone and cash.

The victim had arranged to meet a buyer for his phone in the parking lot of a restaurant on Fallowfield Road. He met two men, one of whom pulled a knife and stabbed him. They demanded his phone and money and ran to a waiting vehicle. Police arrested the suspect Monday after a brief foot chase. STEVE COLLINS/FOR METRO

BIG deal

City universities tear down borders

Carleton University is partnering with the University of Ottawa to host the Borders in Globalization (BIG) Conference Sept. 25 and 26. The conference will be followed by a field trip on Sept. 27, crossing the Canada-U.S. border twice at Akwesasne, St. Regis and Landsdowne and the Thousand Islands. Organizers say the goal of the conference is to "assemble faculty, non-academic partners and graduate students engaged in research about borders in globalization." METRO

United Way. Making a business case for caring in candidate primer

United Way Ottawa sent a "primer" to all candidates in the city election Friday in hopes they'll give social issues more attention during the campaign.

"They tend to focus on issues that are very specific to their ward or very specific to the electorate as taxpayers," said CEO Michael Allen. "What kind of services are they getting for their dollars, their garbage collection, their road repair, things of that nature, and that's quite understandable. But these questions and these issues speak to the electorate as citizens of a collective."

Which isn't to say the primer, a new initiative for United Way, doesn't make numerous appeals to the bottom line, such as revealing the $100,000 a homeless person or shelter residents costs our health care, justice and social service systems versus the $20,000 it would cost to provide them with permanent housing instead.

"These are not just feel-good, compassionate, caring issues," Allen said. "They are those things, too, but these are things with true economic impact in our community, and the electorate and candidates for municipal council should be able to understand and articulate why this is important."

So far 18 municipal candidates who received the packages have responded, and Allen says United Way's just getting started. "We're going to continue to pursue this in the spirit of elevating the dialogue, elevating the understanding of why these issues are important." STEVE COLLINS/FOR METRO

Social issues count

A few figures from the United Way's primer for municipal candidates:

- **25%** of Ottawa's children start Grade 1 without the basic skills they need to succeed
- **12%** of Ottawa residents are low-income, above the national average of 10%
- **40%** of recent immigrants in Ottawa live in low-income situations

Bank teller recounts thwarting a scam

Classic fraud targeting the elderly. A driver was sent to pick up the would-be 98-year-old victim and withdraw the funds

You have to wake up pretty early in the morning to fool Nan Persaud.

The RBC bank teller at the Carlingwood Mall successfully thwarted a "grandparent scam" on Aug. 7 and saved a 98-year-old man from losing $5,000.

It's a classic fraud targeting the elderly, but police say this one has a "troubling" twist. This time a driver was sent to pick up the would-be victim and withdraw the funds to give to his grandson who was purportedly "in trouble."

"When they walked into the branch it was like any other client coming into the branch until the older gentleman took a seat at my desk and the other guy was with him," said Persaud.

As with any large transactions, she started asking questions. The elderly man, who came in with a walker, told her he needed the money because his grandson was in a car accident.

Persaud researched the account and saw that it was a joint account between the elderly man and his son. Persaud said she called the son, who told her he was not aware of his own son being in a car accident.

Then she returned to the counter to relay that information to the elderly man and his driver, and that she could not release the funds.

"He said, 'My grandson told me not to tell anybody,' and that's when I got suspicious. I've heard these stories before," recalled Persaud.

"The gentleman who said he was a driver, he said to me, 'Are you going to call the police?' and I said, 'That's not my job. My job right now is not to give you any money.'"

While she proceeded to put a hold on the account, she said she noticed the driver step away from the counter and speak on a cellphone.

When he came back, she told the driver to bring the man back to his nursing home and speak to his son who was waiting for him.

The driver didn't seem nervous during the interaction, but kept his words to a minimum, she said.

"I was very happy I was able to do something like that for him knowing someone would do something like that to an elderly person," she said.

Ottawa police are still looking for the driver, who they say is a person of interest in the case.

JOE LOFARO/METRO

Ottawa police released this video surveillance footage in relation to an attempted "grandparent scam" on Aug. 7. POLICE HANDOUT

Chong's Reform Act

Bill to empower MPs gets backing

The Conservative cabinet is poised to support backbench MP Michael Chong's bill to re-balance the power between parliamentarians and the Prime Minister's Office.

Conservative caucus members were told during their weekly meeting today that Chong's Reform Act had received Stephen Harper's stamp of approval.

With the backing of both the government and a wide cross-section of NDP, Liberal and backbench Tories, Chong's private member's bill is expected to pass its next vote in the Commons next week.

The Ontario MP wanted members of Parliament to have the power to review and even eject party leaders, and to vote on the expulsion and re-admission of caucus members. THE CANADIAN PRESS

Dalton McGuinty

Liberals defend ex-premier's role as gov't lobbyist

Liberal cabinet ministers say there's nothing wrong with former premier Dalton McGuinty being a registered lobbyist for a company that got more than $3 million in Ontario government contracts last year.

McGuinty signed on to the lobbyist registry in late August to act on behalf of Kitchener-based Desire2Learn, which develops educational software.

Treasury Board president Deb Matthews says McGuinty waited 18 months after leaving the premier's office to become a registered lobbyist, when the rules state he only had to wait 12 months. THE CANADIAN PRESS

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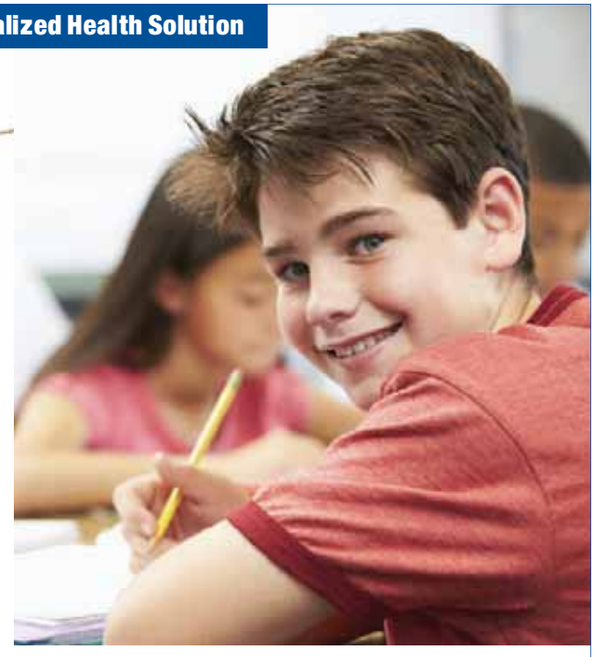

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O-Train to be renamed, rebranded

Rebranding. The rebranded O-Train will include the 'Trillium Line' and the new east-west expansion to be called Confederation Line

LUCY SCHOLEY
lucy.scholey@metronews.ca

O-Train passengers could be boarding the expanded and newly named "Trillium Line" by mid-November — a few weeks later than originally planned.

Six new trains, two sidings and a new centralized traffic control (CTC) system are part of the expansion plan. About five per cent of the construction is left, according to a report handed to the transit commission on Wednesday.

It was due to be ready in September, but transit commission chair Diane Deans said there has been a lot of "regulatory considerations," especially with implementing the new CTC.

The O-Train could get a rebrand. Under a proposal, the north-south route will be called the "Trillium Line." That line and the east-west Light Rail Transit link will both be called the O-Train. OTTAWA.CA

Currently, train operators are constantly communicating through radio traffic control (RTC). Under the new CTC, one dispatcher will be constantly monitoring the train system. If there are any incidents or breakdowns, then the centralized controller can instruct the train operators.

"It's something that will definitely make the system more robust and will put us in a good position for when the line is extended to the south," said rail projects manager Richard Holder.

Operators will get both hands-on and classroom training. The trains will be tested at night, without passengers.

A system switch will require a six-day shutdown of the O-Train, but bus route 107 will provide service in the interim.

The O-Train can currently transport 1,100 people per hour, but that capacity is expected to increase to 1,900 people with the new expansion, according to the city report.

O-Train

Two lines, one name

Apart from the railway expansion, the transit commission approved a revamped O-Train brand.

That name will not just include the north-south line from Bayview to Greenboro. It will also include the new east-west light rail transit system. Under the proposal, the O-Train as Ottawa currently knows it could be renamed the Trillium Line. It will be green.

The east-west LRT link, from Tunney's Pasture to Blair Road, will keep its Confederation Line name. It will be red. The names and colours must still go to council for approval.

City staffers picked the "Trillium Line" name after the provincial flower and because it's easy to understand in English and French.

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Indian lab asked to halt shipments

Health Canada has asked an Indian company to voluntarily stop shipment of products to Canada, based on a review of recent manufacturing practices by the U.S. Food and Drug Administration.

The FDA found falsification and manipulation of data issues at pharmaceutical company IPCA Laboratories, which manufactures more than 350 drug formulations.

IPCA has not disputed the FDA findings with Health Canada, which estimates that about 21 active pharmaceutical ingredients are involved.

The federal department has also asked Canadian companies that import products containing the active ingredients from IPCA facilities to temporarily quarantine the products.

To date, there has been no indication that the issues identified by the FDA inspection pose a risk to health, so neither Health Canada nor the FDA has requested a recall of products already on the market.

Health Canada says it is working with other international regulatory partners, Canadian importers and IPCA to gather more information about affected products.

This information includes any additional testing being done, the medical necessity of the products involved, their market share and risk assessments — a process that will likely take a few weeks.

"At this time, we do not expect that there will be an immediate impact on the availability of these products," a Health Canada advisory said Wednesday.

The 60-year-old company's website says its clients include such global pharmaceutical giants as AstraZeneca, GSK, Merck, Roche and Sanofi Aventis. THE CANADIAN PRESS

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Enterovirus in Ontario, says CHEO

Children at risk.
Four kids confirmed to have been treated and 'completely recovered'

A vicious respiratory virus suspected in the hospitalization of hundreds of children across North America has now reached Ontario.

The Children's Hospital of Eastern Ontario (CHEO) confirmed Wednesday that four children have been infected with the Enterovirus D68 (EV-D68).

All four patients have "completely recovered and gone home," CHEO's communications manager Eva Schacherl said. The children did not require treatment in the intensive care unit, she said.

However, at least one other child in Ontario has been admitted to ICU with suspected EV-D68 and the number of children landing in hospital with respiratory problems across the country continues to grow.

CHEO said it was expecting to see more children with the virus admitted over the coming weeks.

The latest outbreak of EV-D68 is suspected of hospitalizing hundreds of children across the United States. TORSTAR NEWS SERVICE

EV-D68

- The virus only recently crossed the border, with confirmed cases in Alberta, British Columbia and now Ontario.
- It has symptoms similar to the common cold, including fever, runny nose, sneezing and coughing as well as body and muscle aches.

A royal visit from Denmark

Crown Prince Frederik and Crown Princess Mary of Denmark leave the National War Memorial after laying a wreath in Ottawa on Wednesday.

PATRICK DOYLEX/THE ASSOCIATED PRESS

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Toronto Mayor Rob Ford's mother, Diane, and his brother Randy arrive at Mount Sinai Hospital in Toronto Wednesday ahead of a press conference in which it was announced that the mayor has been diagnosed with a rare type of cancer.
BERNARD WEIL/TORSTAR NEWS SERVICE

Rob Ford diagnosed with a rare form of 'aggressive' cancer

'We are optimistic.'
Doctor says Toronto mayor will begin chemotherapy within the next 48 hours

JESSICA SMITH CROSS
Metro in Toronto

Toronto Mayor Rob Ford has been diagnosed with cancer and will begin chemotherapy soon.

Colorectal surgeon Dr. Zane Cohen held a press conference at Mt. Sinai Hospital in Toronto on Wednesday to update the public on the mayor's health.

Cohen said the tumour in Ford's abdomen is a malignant liposarcoma, a rare and hard-to-treat form of cancer.

"However, we are optimistic about this tumour," he said.

The tumour has spread to Ford's buttock, behind the left hip, said Cohen. "We have biopsied that, and it is part of the same tumour."

Ford will undergo chemotherapy, beginning within the next 48 hours, said Cohen. "It will involve in-hospital, in-patient chemotherapy for three days, followed by a washout period of 18 days. The cycle will then be repeated."

Doctors will then perform more imaging tests, reassess the situation and determine the next steps, said Cohen. The next steps may be further cycles of chemotherapy, radiation or surgery.

Cohen said the tumour is "aggressive," and about 12 by 12 centimetres. He did not give a prognosis.

"We will be able to say more after the second round of chemotherapy," he said.

Ford has been in hospital since Sept. 11. He was admitted after experiencing intense abdominal pain.

Cohen said it was not possible to say how long Ford has had the tumour, except that it was not present when the mayor had an unrelated CT scan in 2011, but was likely growing for years.

The mayor's brother, Coun. Doug Ford, who has entered the Toronto mayoral race, issued a statement following the announcement saying: "Rob will beat this."

"Rob has always been so strong for all of us and now I ask us all to be strong for him."

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Artificial sweeteners are displayed on Wednesday in New York. Artificial sweeteners may set the stage for diabetes in some people by hampering the way their bodies handle sugar, according to results of a study released Wednesday by the journal Nature. JENNY KANE/THE ASSOCIATED PRESS

Artificial sweeteners may lead to diabetes: Study

More study needed. Research suggests the products change how bodies handle sugar

Using artificial sweeteners may set the stage for diabetes in some people by hampering the way their bodies handle sugar, suggests a preliminary study done mostly in mice.

The authors said they are not recommending any changes in how people use artificial sweeteners based on their study, which included some human experiments. The researchers said more study is needed, while industry groups called the research limited and said other evidence shows sweeteners are safe.

The study from researchers in Israel was released Wednesday by the journal Nature.

The work suggests the sweeteners change the composition of normal, beneficial bacteria in the gut. That appears to hamper how well the body handles sugar in the diet, which in turn can result in higher blood sugar levels. This impairment, called glucose intolerance, can eventually lead to diabetes.

THE ASSOCIATED PRESS

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End-of-life care failing Americans: Report

Americans suffer needless discomfort and undergo unwanted and costly care as they die, in part because of a medical system ruled by "perverse incentives" for aggressive care and not enough conversation about what people want, according to a report released Wednesday.

Though people repeatedly stress a desire to die at home, free from pain, the opposite often happens, the Institute of Medicine found in its "Dying in America" report. Most people do not document their wishes on end-of-life care and even those who do face a medical system poorly suited to give them the death they want, the authors found.

The result is breathing and feeding tubes, powerful drugs and other treatment that often fails to extend life and can make the final days more unpleasant. The report blamed a fee-for-service medical system in which "perverse incentives" exist for doctors and hospitals to choose the most aggressive care; inadequate training for those caring for the dying; and physicians who default to life-saving treatment because they worry about liability.

"It's not an intentional thing. It's a systemic problem," said David Walker, the former U.S. comptroller general, who co-chaired the committee that issued the report.

The report praised programs in palliative care, which focuses on treating pain, minimizing side effects, co-ordinating care among doctors and ensuring concerns of patients and their families are addressed. This type of care has expanded rapidly in the past several decades and is now found in a majority of U.S. hospitals, but the report said many physicians have no training in it.

THE ASSOCIATED PRESS

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Ukrainian president shakes

Ukrainian President Petro Poroshenko shakes hands with members Wednesday. FRED CHARTRAND/THE CANADIAN PRESS

No DNA for slain

British travellers killed in Thailand. Police have tested samples of 12 suspects

Police in Thailand said Wednesday that DNA samples from the bodies of two British tourists found bludgeoned on a resort island did not match any collected from 12 people who were among those in the area.

Police also conducted autopsies that showed that 23-year-old Hannah Witheridge died from head wounds while 24-year-old David Miller suffered severe blows to the head and drowned in the surf, said Maj. Gen. Pornchai Suteerakune, the country's forensics police chief.

Pornchai said Miller also had wounds on his hand, indicating a struggle had taken place.

The two Britons were found Monday morning in a rocky alcove along the shore close to the hotel where they both were staying on Koh Tao. A bloodied hoe was found near the bodies.

Authorities have made no arrests so far but are hoping to be able to match DNA samples.

However, assistant national police chief Gen. Jarumporn Suramanee said two sets of DNA that were found both on Witheridge's body and on a cigarette butt near the scene did not match samples taken from three foreigners and nine migrant workers in the area.

DNA traces from possible suspects could not be detected on Miller's body because it was smeared with his blood, Jarumporn said.

He said investigators believe there was more than one attacker and more than one murder weapon.

Koh Tao is a popular diving destination in the Gulf of Thailand, and the brutal

hands in Ottawa

of the Canadian Ukrainian community on Parliament Hill, in Ottawa,

match yet tourists

Chief of the Forensic Police Institute Pornchai Suteerakune updates reporters on the deaths of two British tourists who were found dead on a beach in Koh Tao, a popular diving destination in the Gulf of Thailand, in Bangkok, Thailand, Wednesday. SAKCHAI LALIT/THE ASSOCIATED PRESS

deaths were a blow to the country's tourism industry, which has struggled in the wake of six months of political protests that culminated in a military coup in May.

More than 70 police officers have been deployed to the island to investigate the case.

THE ASSOCIATED PRESS

'Non-combat'

Mulcair refuses to back commandos in Iraq

New Democrats are refusing to back Prime Minister Stephen Harper's decision to send special forces commandos into northern Iraq.

NDP Leader Tom Mulcair says it's the only responsible position to take, given the government's refusal to provide details of the deployment or to allow parliamentarians to vote on the matter.

Harper has confirmed that Canada has sent 69 special forces commandos to Iraq as part of a counter-terrorism campaign against the extremist al-Qaida splinter group known as the Islamic State of Iraq and al-Sham, or ISIS.

He maintains the deployment is not a combat mission.

THE CANADIAN PRESS

Winnipeg

Police analyze bones found along Red River

Volunteers searching for clues about the fate of missing and murdered aboriginal women have found bones along the banks of the Red River in Winnipeg.

Police are now analyzing the remains, found Tuesday evening, but don't know yet if they are human. A blood-splattered pillowcase, a bloody rug and a set of dentures have also been turned over to police following a few tentative searches by the group determined to drag the river for bodies.

Bernadette Smith — whose sister Claudette Osborne has been missing since 2008 — said everyone immediately wonders if they will finally find out what happened to their loved one.

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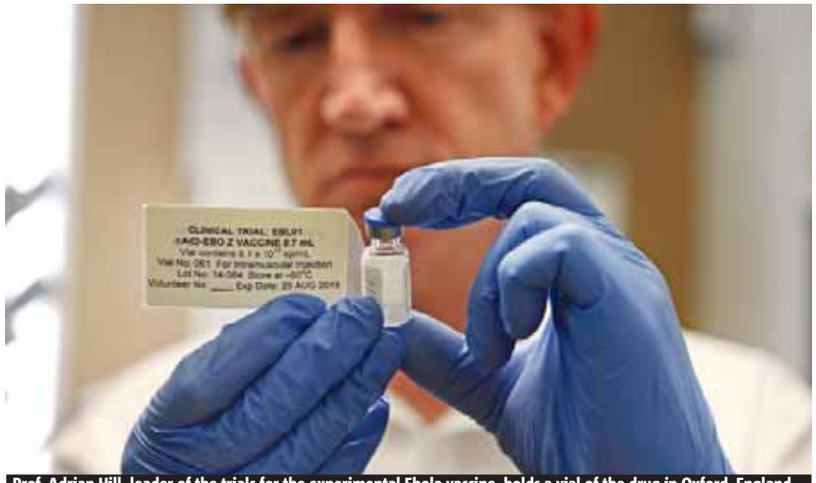

Prof. Adrian Hill, leader of the trials for the experimental Ebola vaccine, holds a vial of the drug in Oxford, England, Wednesday. A former nurse will be the first of 60 healthy volunteers in the U.K. who will receive the vaccine, developed by the U.S. National Institutes of Health. STEVE PARSONS/POOL/THE ASSOCIATED PRESS

Liberia welcomes aid, more needed

Ebola outbreak. Liberian President Ellen Johnson Sirleaf calls on international community for additional aid relief

People critically ill with Ebola languishing in an ambulance for hours as paramedics seek a place for them. Treatment centres filling up as soon as they are opened. The situation is so dire in Liberia that its president welcomed a U.S. pledge to send troops and treatment centres, but said much more needs to be done.

President Ellen Johnson Sirleaf on Wednesday urged the world community to redouble efforts to battle the disease, which could spread into other countries after already hitting five West African nations.

"Our American partners realize Liberia cannot defeat Ebola alone,'" Sirleaf said in a written statement.

"We hope this decision by the United States will spur the rest of the international community into action.... The entire community of nations has a stake in ending this crisis."

Even as the promises of aid came, the risks of such help were underscored as yet another international healthcare worker fell ill while trying to help sick patients in Liberia.

Doctors Without Borders said the female French employee would be evacuated to a special treatment centre in France after being placed into isolation on Tuesday.

THE ASSOCIATED PRESS

Ebola aid

The IMF is preparing $127 million in zero-interest loans to the three African countries hardest hit by the Ebola outbreak.

- **Health and security.** The money would help Guinea, Liberia and Sierra Leone deal with rising expenses at a time when Ebola has damaged their economies and reduced tax revenue.
- **Death toll.** The disease is believed to have killed at least 2,400 people in the biggest outbreak ever.

Shakespearean gaffe. U.S. VP Biden's 'Shylock' comment draws ADL's ire

U.S. Vice-President Joe Biden said he used a poor choice of words Wednesday when he referred to unscrupulous moneylenders as "Shylocks."

Biden had been speaking to a legal aid group on the topic of foreclosures and the need for foreclosure mediation services following stories his son Beau told from his time serving in Iraq.

Shylock refers to the villainous Jewish moneylender in Shakespeare's The Merchant of Venice, who demands a pound of flesh from a debtor.

Abe Foxman, national director of the Anti-Defamation League (ADL), was critical of Biden's use of the term, which carries a deeply embedded stereotype about Jews in society. He said he spoke to Biden and it became clear there was no ill intent, and that Biden was a true friend to Jews and firmly against bigotry.

"He has turned a rhetorical gaffe into a teachable moment," Foxman said.

THE ASSOCIATED PRESS

U.S. Vice-President Joe Biden
MARK MAKELA/GETTY IMAGES

Most Canadians feeling positive about life: Report

Mental health.
StatsCan study finds almost three-quarters of us are estimated to have complete mental health, fewer than 2% functioning poorly

A new report on the mental health status of Canadians has found that 77 per cent of people aged 15 or older are considered to be psychologically flourishing — feeling good about life and functioning well.

The Statistics Canada report found fewer than two per cent of Canadians are classified as languishing, meaning they experience low positive emotions and poor functioning, while almost 22 per cent of Canadians are classified as having moderate mental health.

The report is based on results from the 2012 Canadian Community Health Survey.

When combined with information on mental illness, almost three-quarters of Canadians are estimated to have complete mental health and don't meet criteria for six major mental disorders: depression, bipolar disorder, generalized anxiety disorder, and alcohol, cannabis or other drug abuse or dependence.

Men and women were equally likely to have complete mental health, with factors contributing to well-being including age, marital status, income, education, employment status, spirituality and physical health.

The report found age is a strong factor in psychological well-being, with 80 per cent of those aged 65 and older having complete mental health, compared to 65 per cent among those aged 15 to 24.

Having a spouse or partner is also associated with having complete mental health, as is higher education and income.

People who reported that religious or spiritual beliefs were important in their daily lives were significantly more likely to be in complete mental health than those not classified as having strong spirituality: 76 per cent versus 66 per cent, respectively.

THE CANADIAN PRESS

Street art surviving in Cairo

A woman talks on her tablet phone while walking past graffiti on Mohammed Mahmoud Street near Tahrir Square, in downtown Cairo, Egypt, Wednesday. Street art in Cairo, which flourished following the uprising that ousted former president Hosni Mubarak, has mostly been painted over by authorities, but on Mohammed Mahmoud Street, artists use the whitewashed walls for new artworks.

HASSAN AMMAR/THE ASSOCIATED PRESS

Philadelphia

'Twitter detectives' help police find suspects in beating of gay couple

Police searching for a group of suspects in the beating of a gay couple say they got an assist from social media users, and a defence lawyer said Wednesday that some of them were turning themselves in for questioning.

A security video of the group was posted by police Tuesday, and within hours, a Twitter user posted a photo of the men and women gathered at a restaurant. Another got help figuring out which restaurant, using Facebook to find people who had "checked in" there and started matching faces to names.

"This is how Twitter is supposed to work for cops," Philadelphia police Det. Joe Murray tweeted Tuesday. "I will take a couple thousand Twitter detectives over any one real detective any day."

The victims, a gay couple in their late 20s, were held down, punched and beaten after they bumped into a group of about a dozen people on Thursday. THE ASSOCIATED PRESS

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Millions of Scots are heading to the polls today to decide whether to return to independence, apart from the United Kingdom

A TALE OF TWO EXPATS:

Metro staffers from across the pond trade views on Scottish sovereignty

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THE SCOTSMAN

The people of Scotland are being asked a question: "Should Scotland be an independent country?" On Thursday, as many as 80 per cent of the country's five million people will reply Yes or No, perhaps paving the way to independence from the rest of the United Kingdom. The vote, which requires a simple majority, looks tight.

That may be the question asked, but for many it's not the question they're answering. As others make misguided references to ancient battles, other secession campaigns and apparent anti-English sentiment, many Scots are thinking instead about social and political change.

For some, it's about the U.K. government's cuts to public services. Others point to the damaged British economy, the divide between rich and poor or the nuclear weapons stationed in Scotland. Many want to pass judgment on U.K. politics, especially posh, privileged Prime Minister David Cameron, who's unpopular in Scotland. There are dozens of reasons that people might say Yes to independence.

Meanwhile, the No campaign has struggled with its message. Like a tidy person with rambunctious visitors, its leaders make shrill pleas to leave their stuff alone. Attempts to paint independence as a bad idea for reasons of finance, defence and more are scoffed at by Yes campaigners. They rebuff the most difficult questions with vague, optimistic statements. It's all getting a wee bit emotional.

Now it's decision time. If it's a Yes, then perhaps two million people could be dragged into a new country they didn't vote for. But if it's a No, the huge popular movement for independence means the demands for change will continue. It's been a wake-up call for the political establishment.

Only one thing is for sure: After Sept. 18, 2014, Scotland will never be the same again.

THE ENGLISHMAN

Like other English people, I've been devoting much of my thinking recently to Scotland.

I'll be honest: This is a new thing for many of us.

Scotland, in the popular English imagination, is misty, deep-fried and strangely angry with England for reasons that probably don't matter that much. It's a bit like the hate/indifference between Calgary and Toronto, except with more alcohol and saturated fat.

Scottish people invented television, the telephone, the electric clock and colour photography. So, basically, they invented the iPhone. A Scot also invented the flush toilet: a place many people, thanks to the iPhone, can use all of the above.

But relentless Scottish curiosity also resulted in an astonishingly foolhardy colonization attempt of the coast of central America near the Darien Gap, which even today is too impenetrable to build a road through. The Darien Scheme impoverished the Scottish nobility and was a major reason why Scotland had to unify with the rest of the U.K.

I bring Darien up because I've always been a little bit envious of the romanticism of the Scots. Although I grew up in London, my family hails from Northumberland, the county across the border from Scotland. There the main highway to the border has signs every five kilometres telling you how dangerous the road is and that you're certainly going to die. (No such signs exist in the opposite direction.)

Now, waving a flag — literally and metaphorically — always feels gauche to an Englishman. So much so he has to use a French word to describe the sensation.

Still, I'm going to borrow a bit of that romanticism now. Scotland, I know you don't like us, but I do hope you go it alone. Because I'd love to see what you invent next.

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This is your brain. This is your brain on pot?

Not funny, man.
The legal pot industry in Colorado is setting stereotypes ablaze with new ad campaign

This image, provided by the Marijuana Policy Project, is set to appear on a billboard in Denver.
MARIJUANA POLICY PROJECT/THE ASSOCIATED PRESS

Tired of Cheech & Chong pot jokes and ominous anti-drug campaigns, the marijuana industry and activists are starting an ad blitz in Colorado aimed at promoting moderation and the safe consumption of pot.

To get their message across, they are skewering some of the old Drug War-era ads that focused on the fears of marijuana, including the famous "This is your brain on drugs" fried-egg ad from the 1980s.

They are planning posters, brochures, billboards and magazine ads to caution consumers to use the drug responsibly and warn tourists and first-timers about the potential to get sick from accidentally eating too much medical-grade pot.

"So far, every campaign designed to educate the public about marijuana has relied on fear-mongering and insulting marijuana users," said Mason Tvert, spokesman for the Marijuana Policy Project (MPP), the U.S.'s biggest pot-policy advocacy group.

The MPP plans to unveil a billboard on Wednesday on a west Denver street where many pot shops are located that shows a woman slumped in a hotel room with the tagline: "Don't let a candy bar ruin your vacation."

It's an allusion to Maureen Dowd, a New York Times columnist who got sick from eating one on a visit to write about pot. THE ASSOCIATED PRESS

I'll take 30, please.

A potential consumer looks at a Rolls-Royce Phantom car during the 2014 Beijing International Automotive Exhibition at China International Exhibition Center on April 21 in Beijing. A Hong Kong tycoon has placed the biggest ever order for Rolls-Royce cars, agreeing to buy 30 Phantoms to chauffeur guests at a luxury resort he's building in the global gambling capital of Macau. FENG LI/GETTY IMAGES FILE

NFL star Adrian Peterson

Nike suspends deal with Peterson

Nike has suspended its sponsorship deal with Minnesota Vikings running back Adrian Peterson following child abuse allegations.

The Beaverton, Ore.-based shoemaker issued a statement Wednesday morning that said Nike "in no way condones child abuse or domestic violence of any kind and has shared our concerns with the NFL."
THE ASSOCIATED PRESS

Quelle surprise?

Air France pilots' strike drags on

The French government on Wednesday urged an end to the strike that has grounded at least half of Air France's flights this week.

The pilots are angry about company plans to shift many operations to low-cost affiliate Transavia and transfer some jobs to countries with lower taxes and labour costs. The carrier argues it needs to cut costs to stay competitive.
THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.88¢ (-0.28¢)

TSX 15,458.88 (-51.66)

OIL $94.42 US (-$0.46)

GOLD $1,235.90 US (-$0.80)

Natural gas: $4.01 US (+$0.02)
Dow Jones: 17,156.85 (+24.88)

Trend.

Docs worried as pharmacies dole out more vaccines

Walgreen provided enough flu shots last season to protect a population roughly twice the size of Los Angeles. CVS doled out more than five million, or double its total from a few years ago.

America's biggest drugstores and other retailers are grabbing larger chunks of the immunization market, giving customers more convenient options outside the doctor's office to protect themselves against the flu, pneumonia and other illnesses. Nearly half of all flu vaccines provided to adults are now administered in non-medical settings like drugstores or worksite clinics.

But this push by retailers muscles into an area of health care that was once largely the domain of the family doctor. And that stirs some concern from doctors who want to stay tuned into the health of their patients and keep track of who has received a vaccine.

Doctors often use flu shot appointments to ask patients about chronic conditions such as diabetes they may be treating, said Dr. Robert Wergin, a family physician in Nebraska, and president-elect of the American Academy of Family Physicians. THE ASSOCIATED PRESS

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APPLE: THE LITTLE COMPANY THAT COULD

HE SAYS

John Mazerolle
metronews.ca

Unlike other media outlets, I'd like to talk about Apple and its latest products rollout.

Though this Little Company That Could struggles for attention from the mainstream media, I and a number of other indie columnists have been taking note of some of the new gadgets and services Apple announced this week to little fanfare.

With a brand-new smartwatch, new smartphone and new operating system, Apple has shown once again that it's on the cutting edge of replicating technology that other companies rolled out 18 months ago.

But with all the news about the possible meeting between U.S. President Barack Obama and Iranian President Hassan Rouhani, not to mention growing support in Brazil for Dilma Rousseff, you've no doubt been too tied up in world affairs to notice the picayune details of something so frivolous.

But I'm here to help. Here's a complete round-up of the new features and technology Apple announced during the past week.

• In a special surprise, iPhone users now have Irish rockers U2 as their ringtone, lock screen, music library, Angry Birds theme and call-centre representative. Also, predictive typing autocorrects "Hello" to "Who's Gonna Ride Your Wild Horses?"

• Apple's terms and conditions are now read by Siri so you don't have to.

• Airplane technology allows you to use your phone without looking up thanks to the "stick shaker" feature, which causes the phone to shake violently when you are about to encounter terrain.

• iPhone 6 overcomes Apple's size deficiency with a new 55-inch screen. The iPhone 5 can still be used as a remote.

• New E. coli-resistant casing makes toilet reading sanitary and guilt-free.

• Apple Maps now includes a direct link to Google Maps.

• The new operating system senses any concerns about personal privacy and automatically ups you one level on Candy Crush.

• To cash in on the vinyl craze, iTunes now holds only 12 songs.

• New and improved autocorrect feature is butter then evergreen.

• Spurred forward by smartwatches, smartrings and Google Glass, Apple releases an entire line of wearable technology, including iTrousers, iCorsage and iUD.

• Family Sharing allows kids to read your Internet search history directly.

• Phone battery now lasts a stunning 12 minutes.

• Lock screen opens with your fingerprint, which was conveniently saved by Apple eight years ago for just such an occasion.

• HealthKit technology measures the likeliness you have Ebola by monitoring the amount you've bled on the screen.

• Finally, celebrities' nude photos appear on your phone the second they're uploaded to the cloud, eliminating the middle man. Expect lots of Bono in the buff.

Glittering rock

The Matterhorn bathed in torch light from climbers as fog passes overhead. ROBERT BOESCH/MAMMUT/PHOTOPRESS VIA THE ASSOCIATED PRESS

Matterhorn mountain lit up for Swiss Alp-trekking anniversary

In preparation for the 150th anniversary of the first ascent of the Matterhorn, Swiss mountain sports specialist Mammut and mountain guides from the village of Zermatt transformed the spectacular summit into a shining stone icon as an anniversary gift to the village.

The prominent mountain is regarded as the emblem of the Swiss Alps and enjoys international popularity.

THE ASSOCIATED PRESS

Matterhorn at a glance

The Matterhorn is 4,478 metres high and was one of the last great Alpine peaks to be climbed.

- The first climb ended disastrously when four members fell to their deaths on the descent.
- It also has French and Italian names, reflective of the communities that live in the mountain's valleys.

SOURCE: WIKIPEDIA

MetroTube

Man versus hamster

ANDREW FIFIELD
andrew.fifield@metronews.ca

This hamster hits all right notes on the adorability scale. Not to mention the tiny hot dogs. But if we're going to call this an eating contest against Kobayashi, perhaps the finest competitive eater our species has ever produced, it's only fair to note that this nogoodnik hamster isn't really "eating." Just stuffing its cavernous, gluttonous cheeks. Not a fair fight at all. #TeamHuman (HelloDenizen/YouTube)

SCREENGRAB

Comments

Re: West Quebec Dog Rescuer Suing Municipality for $500K to Relocate to Ontario, published online Sept. 16.

I am dumfounded that the Mayor took this lightly and hasn't done anything about that. He is an elected official, is he not? I guess he picks and chooses who he defends in the community he is suppose to serve.
Danielle Emond, posted to metronews.ca

I agree the city made a mistake here. But as a citizen and business person, it is her responsibility to be aware of the rules especially in her field of work, I am in business too, and no one holds my hand.
Chris, posted to metronews.ca

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 18 in Voices.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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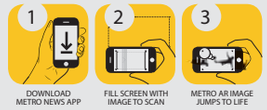

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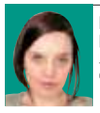
Everybody loves everybody, especially local musicians

E.L.E. Fest. Free festival on Ottawa University campus brings together wide range of musical genres



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Indie rockers The Lionyls are among more than a dozen local artists performing at next weekend's E.L.E. Festival. CONTRIBUTED

In a city that boasts several popular festivals every year, a new event has entered the fold: the Everybody Love Everybody Festival (E.L.E. Fest) is a free, local music fest that celebrates and showcases upcoming Ottawa talent.

Headlining act SonReal hails from Vancouver, but the rest of the lineup for the inaugural event includes more than a dozen local artists, including hip-hop groups Zoo Legacy and BlakDenim and indie rockers Eagleson, Tall Trees, the Lionyls and The Superlative.

Co-founder and University of Ottawa marketing major Sean Callaghan says his hope is E.L.E. Fest will become a jumping-off point for musicians looking to break into the local scene.

"We wanted to create a stepping-stone event where young, local performers could gain experience and exposure that will help propel their music careers forward, by giving them additional credibility when applying to perform at other large events and festivals, in and outside of Ottawa.

"We also wanted to create an event that was not competitive in nature — one where musicians didn't have to sell any tickets to their friends or family, and could simply come and perform in a more pressure-free environment."

Callaghan says the festival organizers want to focus on bringing the community together to help grow the scene as a whole.

"One way we do this is through encouraging performers from various genres to collaborate and create a song from the ground up for the festival," he says. "This year, we've got six local performers collaborating."

Not only will those artists be performing those collaborations at E.L.E Fest, they've also recorded their new songs and will be shooting music videos.

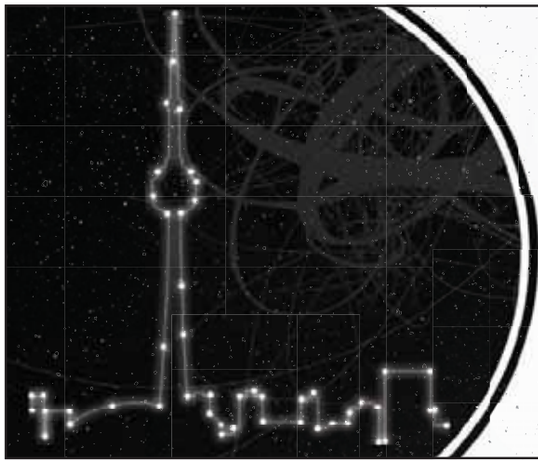
Callaghan and his team are hoping their new festival will expand over time, both locally and nationally.

"Our hope is for E.L.E Fest to grow into a multi-day event that will bring the University of Ottawa campus to life, as well as support the Ottawa music scene and its performers," he said. "Once we've managed to establish ourselves in Ottawa, we would then like to move to other universities across Canada, promoting the Canadian music scene as a whole and providing opportunity for local artists everywhere."

If you go

The inaugural Everybody Loves Everybody Festival (E.L.E. Fest) runs Friday, Sept. 26 from 3-11 p.m.

- **Price.** Free
- **Location.** University of Ottawa campus, 603 Cumberland St.
- **Info.** elefestival.com



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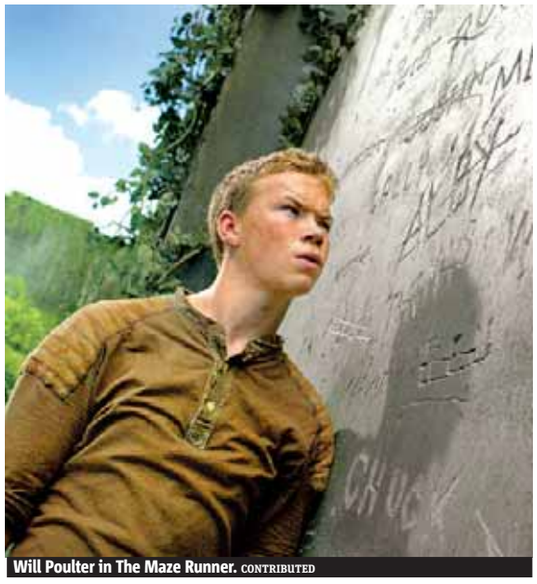
Young hearts beat for Maze Runner stars

Maze mania. Dylan O'Brien, Kaya Scodelario and Will Poulter nearly caused a teenage riot at a premier screening of their new film

RICHARD CROUSE
scene@metronews.ca



Will Poulter in The Maze Runner. CONTRIBUTED

Dylan O'Brien, left, and Kaya Scodelario star in the sci-fi thriller The Maze Runner. CONTRIBUTED

Imagine the roar of a jet engine. Then picture yourself being blown backwards by the ferocity of the sound.

That's the experience I had recently when hosting the Canadian premier of The Maze Runner, a new film based on a popular YA novel about a group of boys (and one girl) who must brave the dangers of a giant labyrinth to gain not only freedom but also their true identities.

There wasn't a plane in sight, just a theatre packed with young adults. When I made the surprise announcement that some of the film's stars would be joining us for a Q&A, you would have thought a giant electrical surge had bolted through every seat in the house. As I brought Skins' star Kaya Scodelario, Meet the Millers' Will Poulter and Dylan O'Brien, resident heartthrob of Teen Wolf to the stage, the place erupted.

Ears ringing, I asked a few questions, trying to be heard above screams of "I love you!" Not directed at me, but mostly at O'Brien.

As the handsome actor answered a question on bringing the character traits of Thomas alive from the page to the stage, a young woman whooped, "Thomas is hot!" O'Brien played along, saying, "That's what I really wanted to lift from the page, his hotness. I was really focused on that."

"You nailed it!" came a voice from the audience.

The enthusiasm wasn't reserved just for him. Scodelario, a British actress who plays the film's fierce female lead, could barely be heard above the din as she talked about her character's empowerment. "I felt very strong playing her," she said.

"A lot of times in movies, Hollywood and the rest of the world try to soften female characters. We have to see them vulnerable and we have to see them crying, and while that is a part of who we are as women, we can also be tough ..."

The rest of her message is lost to the ages, drowned out by, "You go, girl!" hollers and the general melee of excited millennials.

Poulter, a 21-year-old British actor with a resumé that includes the charming Son of Rambow and The Chronicles of Narnia blockbusters, provided comedic relief. When I asked if he modeled his American accent on anyone in particular, he said, "I had to give up modeling, but that's very sweet. Thanks for asking."

The trio answered questions, most of which started with, "I just want to say I love you guys," and ended with the inevitable, "Is there any possibility of getting an autograph or a picture?" for 25 minutes before being whisked away to another city, another press day and another theatre likely full of screaming teens.

Quoted

"A lot of times in movies, Hollywood and the rest of the world try to soften female characters. We have to see them vulnerable and we have to see them crying, and while that is a part of who we are as women, we can also be tough..."

Kaya Scodelario, actress
on playing a strong female lead

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Is that the look of love or a deer-in-the-headlights daze? Tim Warmels, star of The Bachelor Canada, doles out flowers at his first rose ceremony. ROGERS MEDIA

Never watched the Bachelor? Neither has its newest star

An age of innocence. Bachelor Canada's Tim Warmels may be about to get a dose of reality

Tim Warmels had never seen an episode of The Bachelor Canada before he signed on to be its resident romance-seeker. But the tech entrepreneur — who admitted he "doesn't watch a lot of TV" — was willing to try anything to find love.

"It's being 28 and being single. That's what it is," Warmels said. "It's having a choice in front of you to do exactly what you've been doing for the last six years, or you can try something very, very different for the next two months."

And he has no regrets. The Bachelor Canada premieres Thursday on City, and although Warmels won't share any spoilers, he believes he made the right choice.

Quoted

"If it goes great, then great. If it doesn't, then you know yourself, and have to be happy with the decisions you made on a personal level."

Tim Warmels, on dealing with reality TV

Warmels grew up in Campbellville, Ont., where he worked on horse ranches in the summer and played hockey five days a week. After graduating from the Richard Ivey School of Business at the University of Western Ontario, he moved to Toronto and worked on Bay Street before launching his own tech company.

He wound up on the second season of The Bachelor Canada in an unusual way. Rather than auditioning, a friend recommended him to a producer earlier this year. Two weeks later, he had a contract in hand.

Asked what he was looking for in a girlfriend at the start of filming, Warmels said he preferred to keep an open mind.

"I'm always really surprised at what about a person will attract me to them," he said. "Whether you like sports, or whether you like art, or whether you like doing this with your weekends or that with your weekends — I'm always surprised at how much those things don't matter."

Competing for Warmels' heart are 25 bachelorettes like April, a 30-year-old esthetician from Victoria, who prefers the term "vagician," and Jennifer, a 26-year-old "joyologist" from Montreal.

Asked which dates will be the most entertaining to watch, Warmels was tight-lipped. "That is absolutely something you'll have to watch to find out," he said. "They really do a good job at trying to find lots of very different people because you never really know what's going to get a guy."

He said "there's no way" he could prepare for the fame and scrutiny that being on the show will bring. But he expects his life will return to normal in a few months. "I think the best you can do is not really care about how it goes. If it goes great, then great. If it doesn't, then you know yourself, and have to be happy with the decisions you made on a personal level," he said.

In his spare time, his interests range from building custom furniture to writing his blog timwarmels.wordpress.com, where he unpacks scientific studies that relate to finding happiness and efficiency. Although a country boy at heart, he said he loves the culture of Toronto.

"The energy of the city is fantastic. I love seeing live music. On the weekends, you can probably find me sitting in some weird café, drinking coffee and reading." THE CANADIAN PRESS

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OUR TAKE ON THE WORLD OF CELEBRITIES

Britney Spears. ALL PHOTOS GETTY IMAGES

Lucado-less Britney reaches out to former beau

Britney Spears has reportedly been retreading old romantic territory in the wake of her split from boyfriend David Lucado, at least according to one former flame.

"Britney was making the rounds with ex-boyfriends," ex-boyfriend John Sundahl tells the National Enquirer. "Ten minutes after I saw that she broke up, she called me and said, 'Hey, I just want you to know that we split up because (Lucado) was with some porn star.' And I was like, 'OK, sorry to hear that.'"

That's not all Spears wanted to talk about.

"She said, 'Are you going to be in town soon?'" he recalls. "'Well, look me up and we'll hook up.' Britney falls in love very easily."

Spears, who also reportedly reached out to ex Adnan Ghalib, dated Sundahl briefly after her 2007 breakdown.

Nick Jonas bares his finger but still values his values

Nick Jonas is not so pure anymore — or at least he doesn't need a piece of jewelry to remind him to be.

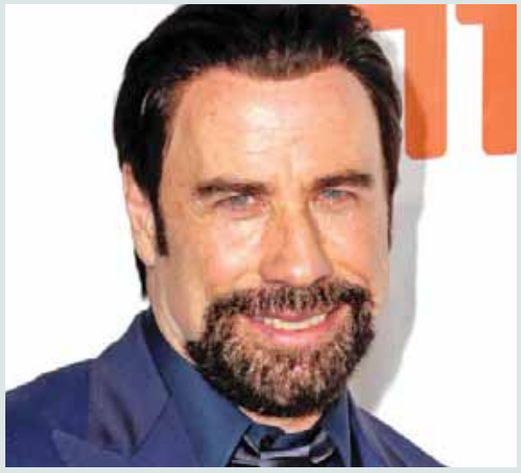
After years of rumours that he and brother Joe Jonas had dropped the pledges that go along with their purity rings, the youngest Jonas Brother admits he's stopped wearing it all together.

"This is real growth in me and not something I'm doing anymore," he tells the Huffington Post. "But I've got my set of values, things that are important to me now at this point in my life, and that's all that matters."

Nick Jonas

That and not advertising to every girl you see that you're a virgin, I guess.

The Word



Embattled Travolta has no regrets about Battlefield flick

NED EHRBAR
Metro in Hollywood

John Travolta doesn't seem too bothered about the pending lawsuit from his former pilot, Doug Gotterba, who claims he also had a six-year romantic relationship with the Look Who's Talking star.

"This is every celebrity's Achilles heel. It's just about people wanting money," Travolta tells the Daily Beast.

Yikes. I didn't realize Gotterba got around that much. Every celebrity?

Seriously, though, there's a much, much more troubling revelation in this interview, and it has to do with the universally panned Battlefield Earth, about which Travolta has zero regrets.

"Are you kidding? Why would I ever regret that?" Travolta asks. Although I'd be happy to explain, I get the feeling he doesn't really want an answer.

"I had the power to do whatever I wanted, and I chose to do a book that I thought was worthy of making into a movie," he says. "It's a beautiful film. It's a good movie."

I just ... wow.

Lena Dunham

Girls' girl will see Star Wars if Girls' guy will watch Girls

Now that Lena Dunham's Girls co-star Adam Driver is set to be in the new Star Wars film, she's using the fact she's never seen the famous franchise as leverage to get him to finally watch their HBO series — something Driver has avoided.

"I've never actually seen Star Wars. I understand that this is a huge cultural phenomenon, but I get none of the references," Dunham tells E! News. "Now I'm going to have to watch — to understand. Adam's never watched Girls, so we made a deal I would watch Star Wars if he watched Girls. We can commune about it like a book club."

Except Driver himself isn't so hot on the exchange.

"I don't think so," he says of watching the show. "I'm trying to delay that as much as possible."

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@algore
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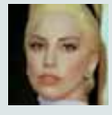

@ladygaga
Spent a lot of time crying today, happy tears, but many. I can't believe my life. Being able to buy nice things, travel, it's overwhelming.

@DanaDelany
I'm trying this thing where I take a walk instead of a nap. So now I'm sleepwalking.

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Seaside piers, playful days and current politics influenced this year's delivery of Spring/Summer styles at London Fashion Week.

MARISSA FENTIMAN
Metro World News

5 runways that rocked LFW

Burberry Prorsum

Youthfulness was at the core of the collection entitled The Birds and the Bees, with sheer fabric swathed around the models' bodies in a bandage-like fashion overlain with denim jackets, finished in shearling and ostrich feather trims. But it was the fresh spring spin on the house's heritage stalwart — the trench coat in hand-screened flora and fauna — which truly blossomed.

Paul Smith

The designer's Spring '15 outing was easy like a Paul Smith Sunday afternoon. The clothes were made for lounging: relaxed tailoring, blouses and floaty linen tops in taupe, blush, and cornflower blue. Here, the mannish tailoring that's quintessentially Paul Smith translated into deconstructed jackets and oversized culottes. There was femininity, too, with sheer panels on skirts and fringing on tank tops.

Vivienne Westwood Red Label

Vivienne Westwood turned the runway into a political rally for the "Yes" campaign in the upcoming Scottish referendum on the nation's independence from the U.K. The clothes were as outspoken as her politics: oversized '70s-style shirt collars and shoulders, textured leggings and hats that wouldn't look out of place in the French Revolution — apt coming from the anarchic Grand Dame.

Topshop Unique

"The faded glamour of the British seaside" was the romanticized theme for the Topshop Unique show. You'd do well to discover those past glories through the sea-salt rotted piers and cheap arcade gaming shops, but the high street fashion house managed to find something more cheery amongst the wreckage. Indeed the clothes were bold in cut and (primary) colours: slipdresses, babydolls, and ruffled short shorts came with striped wedges.

Christopher Kane

The Scottish designer tied his collection together with rope ... quite literally. Cord was worked into dresses, hems and even drawstrings on a pair of bordeaux-coloured leather track pants. The colour palette was subdued, almost wintry, perhaps in part in respectful memory of his mentor, the Central Saint Martins professor Louise Wilson, who died recently. But there was still excitement, albeit more pared down than in seasons past with "controlled explosions" of tulle from collars and hems.

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Goodbye off-the-rack

Jean Paul Gaultier to cease ready-to-wear collections

The house of Jean Paul Gaultier has announced that it is stopping women's and men's ready-to-wear collections.

A short statement Monday said the 62-year-old designer — one of the most famous names in fashion — would be concentrating on the lucrative world of haute couture and perfume lines such as Le Male. It did not elaborate on the reasons for the closure.

Gaultier, known as Paris fashion's enfant terrible, has been designing ready-to-wear for nearly 40 years.

The house's ready-to-wear swan song for spring-summer 2015 will be presented later this month in Paris.

THE ASSOCIATED PRESS

Canadian street style

Spotted in: Toronto

Name: Caroline

Age: 25

Occupation: Recruiter

What she's wearing:
Ecote shoes from Urban Outfitters, Club Monaco dress, Danier purse, Joe Fresh jacket, Giles & Brother bracelet, Ray Ban aviators.

Her inspiration:
"Lily Collins and Emma Watson inspire me. They are gorgeous ladies who are classy and fashion forward. I appreciate how they are not a slave to trends."

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Trends Report

Fall fashion often means reverting to dark neutral tones, but don't let the season stop you from adding a splash to your wardrobe. Go online to Trends Report to see how a touch of metallic print can make your season-appropriate outfit pop.

- **Online.** metronews.ca/trends-report
- **Follow** Irene on Twitter @MetroIreneK and Instagram @kuanirene

Photo: Getty

Get the skinny on H&M's green jeans

Fashion never felt so good. CONTRIBUTED

Eco-llection.
H&M unveils new Conscious Denim line

Set to hit stores at the start of next month, the Swedish fashion giant's eco-friendly jeans will catch the eye of green-fashion fans.

Launching online and in stores Oct. 2, H&M's Conscious Denim is the latest addition to the Conscious Collection, and the newest development in the brand's attempts to clean up fast-fashion's reputation for environmentally iffy production.

And the brand picked its target well: When it comes to jeans, it's not just about the raw materials, but also the processes used to treat them (denim washing is notoriously resource intensive).

Clothed in care

"We've worked hard to reduce the environmental impact from the washing processes alongside using materials that are more sustainable."

Helena Helmersson
Head of sustainability for H&M

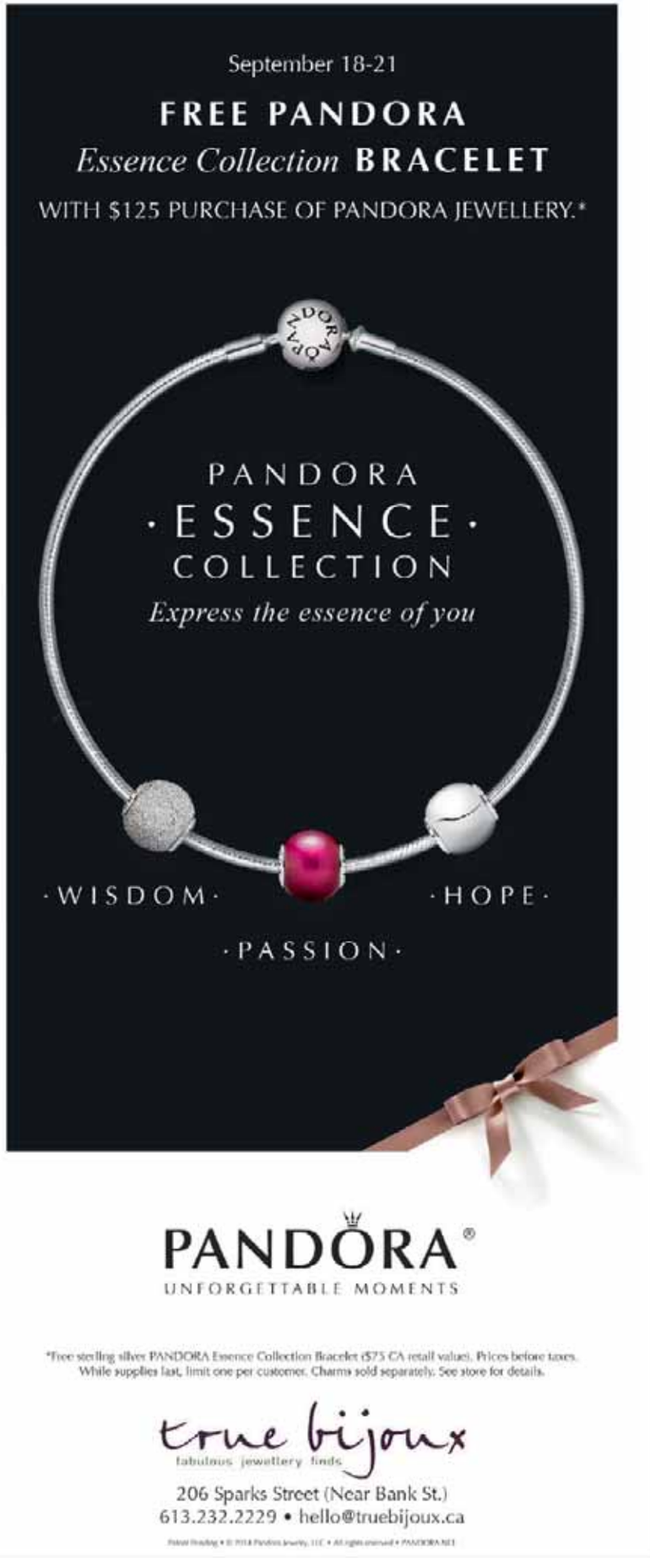
"We've worked hard to reduce the environmental impact from the washing processes alongside using materials that are more sustainable," explained Helena Helmersson, the company's head of sustainability.

"The collection is full of great pieces, and proves how sustainability can equal great style," she adds.

Arriving in a deep indigo color with "clean styling and contemporary fits," the women's jeans include boyfriend cuts, skinny jeans, and tapered ankle styles, which sit alongside jogger jeans in knitted indigo, and a Tencel boilersuit. The men's five-pocket style jeans come in a range of fits, with denim jackets, workers jackets and a wool coat also available. And the kids aren't left out either, with more styles including jeans and dungarees.

It's a growing trend: Levi's previously unveiled their Waste<Less styles, which use a mix of recycled materials and a vast reduction in the volume of water needed to process denim to reduce the jeans' environmental impact, and the G-STAR RAW for the Oceans range incorporates Bionic Yarn, a fibre created from recycled plastic harvested from the ocean, into jeans.

AFP



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M.J NAIM BROWN
Location: Ottawa

FAVE TRENDS FOR THE SEASON?
I like to work with a few staple pieces, and encourage people to dress in a manner that is on-trend, but conscious of their age. I like a look that is classy, yet funky, and versatile to be worn in different ways. Splashes of colour are always great!

WHAT IS YOUR STYLE PHILOSOPHY?
Myself, I would describe as a chameleon. I strive for a blend of the elegant, sexy and sophisticated – with a touch of rock star! Anytime you can add colour to a wardrobe of blacks and whites! Colour can come from staple pieces or any number of fun accessories.

ANY FASHION ADVICE?
Look for key pieces that can be dressed up or down, and reflect your personality. You can also find pieces to adapt to your own personal style. First and foremost, when you wear it, own it!

FAVE PLACES TO SHOP?
I enjoy blending upscale pieces with so-called "fast fashion". I'm loving Bayshore's stylish new vision!

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Style in a snap

The best of Fashion Week via Instagram

Sneak into any fashion show and you'll see editors, bloggers, buyers and celebrities all watching the show ... through their phone. Instagramming photos of the runway has become just another part of the whole Fashion Week experience. With hundreds of photos being posted each day with the hashtag #nyfw, there's a lot of competition for the "best liked" photos. Here are the four of the very best.

1. @lightboxer posted this close-up of Anna Wintour at Donna Karen 2. Model @karliekloss posted a photo of herself getting cheeky with J.Crew designer Jenna Lyons. 3. @vmagazine's photo of Britney Spears going bra-less to the launch of her lingerie line generated over 4,000 likes 4. @EvaChen212 posted a selfie with Girls star Allison Williams at Rag & Bone. METRO NEW YORK

First Lady aims to inspire future leaders in fashion

Michelle Obama will host an educational workshop to strengthen ties between fashion students and industry professionals. AFP

Michelle the mentor.
Style-minded students invited to White House for workshop

A known fashion enthusiast, the U.S.'s First Lady will soon welcome a group of fashion students and designers to the White House for an exclusive educational workshop.

In an email obtained by WWD, the White House delivers the details of the event, as reported by Buro247: "The purpose of this event is to bring members of the fashion industry to the White House and enlighten, educate and mentor the next generation of fashion leaders."

Students from various colleges and universities in Pennsylvania, Maryland, New York and Washington will attend the educational workshop. Prabal Gurung is among the established designers expected to be present.

The same website reports that a White House official stated the following to WWD: "On October 8, the White House will hold a fashion education workshop that will connect students with leading fashion professionals — from designers to magazine editors to fashion technologists — to show young people what it takes to succeed, and how important it is for the next generation to commit to their education."

The workshop will precede the White House's Celebration of Design reception, which Naeem Khan, Jason Wu, Diane von Furstenberg and Thakoon are slated to attend.

AFP

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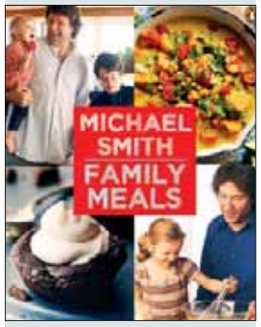
Cookbook of the Week

Simplify real homemade food



An advocate for simple, healthy cooking, Michael Smith uses his latest book, Family Meals, to inspire readers to create great-tasting meals for their own families. In the release, Smith shares the recipes he loves to cook for his own family along with tips on how to make cooking together fun.

Among the 100 recipes are: Maritime Mussel Chowder, Sweet Potato Chickpea Stew, Nacho Burgers, Bacon Salad with Crispy Onions, Caramel Chip Blondies and more.

METRO

Stovetop Chicken with Herb Dumplings.

Typically cooked with a whole chicken, this meal uses speedy-to-make chicken breast

Ingredients

For the Creamy Chicken Stew

- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) or so butter
- 2 boneless, skinless chicken breasts
- 1 large onion, chopped
- 2 celery ribs, diced
- 1 large carrot, diced
- 4 garlic cloves, thinly sliced
- 2 tbsp (30 ml) all-purpose flour
- 1 cup (250 ml) white wine
- 1 cup (250 ml) whipping cream
- 1 cup (250 ml) water
- 1 cup (250 ml) frozen green peas or corn
- 1 tbsp (15 ml) fresh thyme
- 1 tsp (5 ml) salt
- Lots of freshly ground pepper

For the tender dumplings

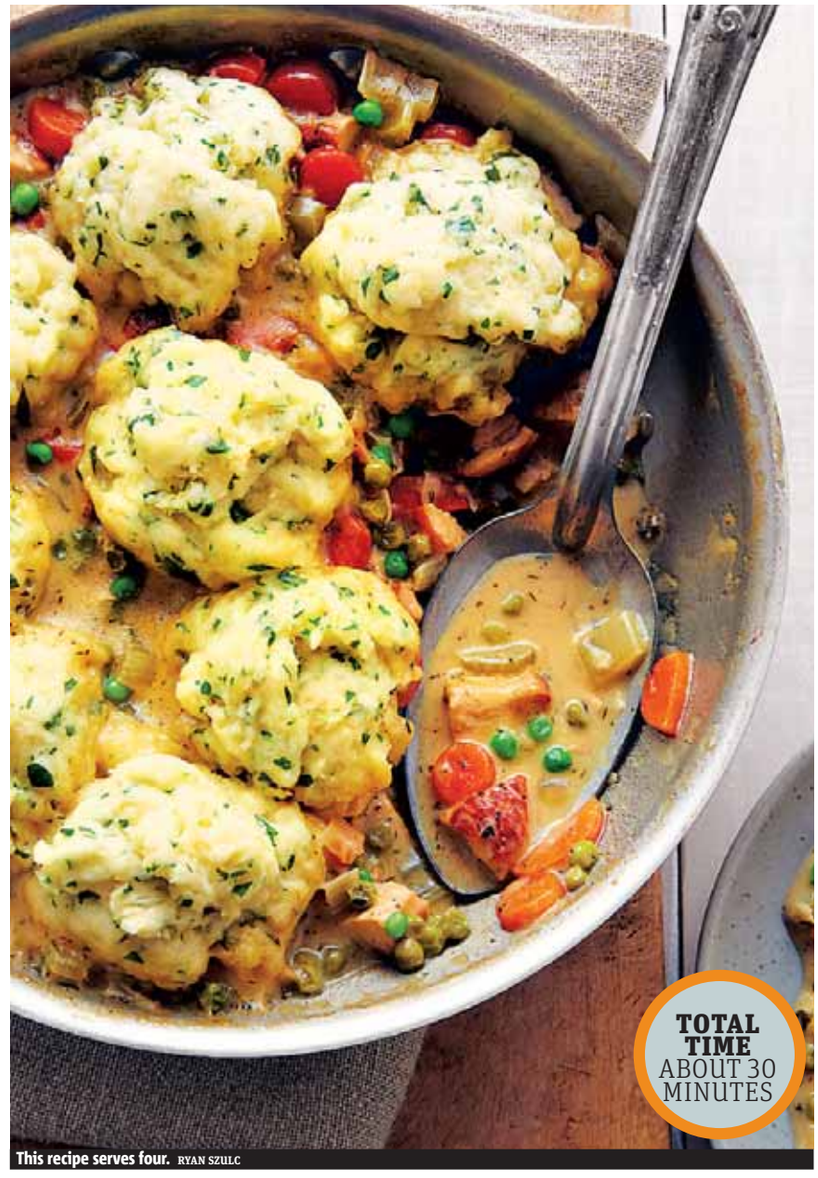
- 1 cup (250 ml) all-purpose flour
- 2 tsp (10 ml) baking powder
- 1/2 tsp (2 ml) white sugar
- 1/2 tsp (2 ml) salt
- A handful of chopped fresh parsley (or 2 green onions, thinly sliced)
- 1/2 cup (125 ml) milk
- 1/4 cup (60 ml) butter, melted

1. Start making the stew. Heat your favourite heavy skillet over medium-high heat. Pour in the vegetable oil, then add the butter (the oil prevents the butter from burning). Add and sear the chicken breasts, building a golden-brown crispy crust on each side, about 15 minutes total. Remove the delicious chicken to a plate.

2. To the skillet, add the onions, celery, carrot and garlic along with a splash or two of water to loosen and dissolve all the flavourful browned bits. Stir and cook until sizzling, 5 minutes or so. Reduce the heat to medium. Sprinkle in the flour and stir until it's evenly absorbed by the butter. Pour in the wine and stir the works again. Pour in the cream and water and continue cooking, stirring often, until the sauce is beautifully thickened and smooth.

3. Meanwhile, chop the chicken into bite-size pieces. Return them to the pan along with the peas. Season with thyme, salt and pepper. Turn off the heat.

4. To make the dumplings, in a medium bowl, whisk together the flour, baking powder, sugar and salt. Stir in the parsley. Add the milk and melted butter, and stir together until the dough is just blended. Return the chicken stew to a slow simmer. Spoon 10 or 12 dumplings over the stew. Cook, uncovered, for 10 minutes, then cover tightly and cook until the dumplings are fluffy and tender, about 10 more minutes. Spoon, serve and share!



This recipe serves four. RYAN SZULC

RECIPE FROM FAMILY MEALS: 100 EASY EVERYDAY RECIPES BY MICHAEL SMITH. COPYRIGHT MICHAEL SMITH, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.

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A CHEATSHEET OF TODAY'S SONG TITLES IS ON THE METRO PLAY PAGE.

LISTEN TO jump! 106.9 NON-STOP HITS

POWERED BY metro News worth sharing.

Be of good chair

Whether it's a single in the corner of the bedroom or a pair holding court in the living room, armchairs offer more than a place to park yourself. They're also a great way to inject some personality into a room. Here are some accent-seating options to add dazzle to your place through the entertaining season and into the long winter ahead

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The finishing Tux

Add a touch of classic houndstooth pattern to your space. Tux Chair, $1,200, CrateAndBarrel.com

Say zen!

Smooth, sensual lines give this chair a groovy zen vibe. Karbon Chair, $700, EQ3.com

In rare form

Form and structure offer up the look of an architect's prototype. Kanji Armchair, $400, Structube.com

Tuft act to follow

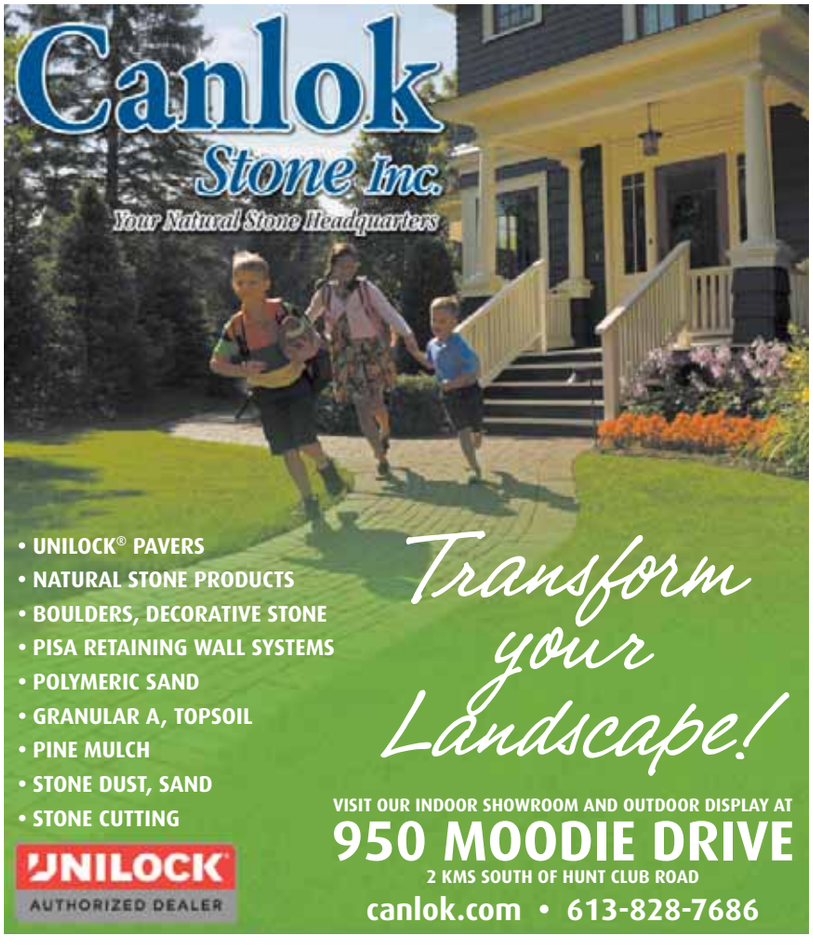
Mid-century modern goes traditional with a winged back and button tufting. Strandmon Wing Chair, $329, Ikea.com

When in chrome

Rounded leather and chrome scream '70s sex appeal. Caitlin Leather Lounge Chair, $2,270, Elte.com

Simply irresistible

Simple and sculpted with a pop of colour. Rebecca Armchair with wooden legs, $810, UrbanMode.com



Tech giants bet on Jetsons-style living

Smart home revolution. Push-button convenience of animated Space Age family is headed for mass-market reality

It's long been the stuff of science fiction, but tech giants hope the "smart home," where gadgets talk to each other and the fridge orders the milk, will soon become reality.

The futuristic vision of wireless domestic bliss that puts people and their smartphones or tablets at the centre of an Internet of Things was a key theme at this year's IFA consumer electronics fair in Berlin.

Industry titans such as Google, Samsung and Apple have been battling for an early lead in the race to create the Internet-connected household, a market they expect to grow into the next multi-billion-dollar tech revolution.

The smart home is heading "towards a mass-market reality," said Lisa Arrowsmith of market research firm IHS.

Smartphones are already used to control some household devices and tech titans are vying to establish the dominant online smart home platform. ISTOCK

The new driving force, she said, is "the rise of the smartphone and its role as a common user interface to allow remote and in-home control of devices such as thermostats, smart plugs or security systems."

Talk of creating the "automated home" has been around since at least the 1980s, but was hobbled by technical hurdles, from tangled cables to costly interfaces and compatibility problems between appliance manufacturers.

Now the dream is back with a vengeance as companies foresee a world of synced devices, where motorists remotely switch on the heating as they drive home, and holidaymakers watch over their houses from the beach with security camera footage.

At the IFA in Berlin, South Korea's Samsung presented its 2020 vision of the "house of the future," replete with a hologram chef who gives step-by-step cooking instructions, and digital sports coaches that keep an eye on your morning workout.

"For many it's still just a vision, but change is coming and it's coming fast," promised Samsung Electronics co-CEO Boo-Keun "BK" Yoon. AFP

Give your kitchen a whole new look with a real wood counter that's easy on the pocketbook. ISTOCK

A new countertop? Wooden it be nice

DIY. Replace your old kitchen counter with a luxurious yet affordable one made from wood planking

Renovations around the home can often feel overwhelming and endless. There's always something that needs fixing or updating. The kitchen is an area that can quickly begin to show wear and tear, but here is an easy solution: Replace your countertop with a wooden alternative. It's a great option for creating a luxurious look at an affordable price. This DIY project allows you to either redo your whole kitchen or tackle a single area such as an island counter.

Getting started

When selecting the wood, keep esthetics and durability in mind. Most types of wood can be used, so determine the look and quality you want. Your local hardware store can help you make a selection or you can recycle material such as an old door. Make sure to have proper safety equipment and do not use machinery you don't know how to operate — it's always OK to ask for help.

Muscle work

Begin by measuring your current counter to determine the amount of wood you will need and how big the planks should be. Once you've purchased the wood, you can now remove your countertop and place it onto the new wooden planks. Use the existing counter as a guide and outline. Trace the counter's outline, then remove it and proceed to cut the wood. Make sure to cut on the outside of the line you've marked to keep the right dimensions.

Detailing

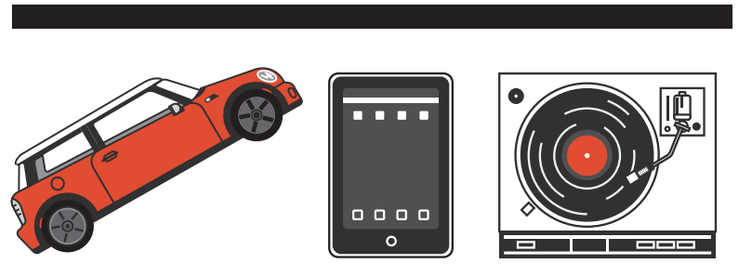
Once you're done cutting, sand everything down to take away the roughness and smooth down edges. If you are using large slabs of wood, remember to cut holes for the sink and faucet if necessary. If you are using several pieces of wood, prepare wooden cleats to assemble the pieces together and screw into place. Stain the wood by applying two coats with a brush and using even strokes. Once dry, apply a coat of finishing glaze/lacquer — this will help waterproof and stain-proof the wood. Slide the countertops back into place, make adjustments where needed, and secure everything with screws from the underneath of the counter.

More reno ideas

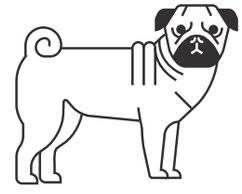
For more inspiration and home renovation ideas, catch all-new back-to-back episodes of Daryl's Restoration Over-Hall, Tuesdays at 10 p.m. ET/PT on DIY Network Canada.

Preserving wood

- **Do not place hot items, such as hot pots or pans, on the counter.**
- **Always use a cutting board — do not use the wood's surface to cut on.**
- **Avoid leaving wet items on the counter.**
- **Treat counters with mineral oil every couple of months for protection.**



BE FIRST IN LINE FOR SMART!



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Burris: Rainy days not the defence's fault

Stats disagree. Dead last in most numbers, Ottawa's back line further strained by the team's lousy offence

The Redblacks' offensive line during a game against the B.C. Lions on Sept. 5 in Ottawa. Ottawa's terrible season is partly to blame on the teams's bad offensive numbers. ANDRE RINGUETTE/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

The Ottawa Redblacks have just one win through their first 10 games, but in quarterback Henry Burris's view the defence has been a bright spot this season for the CFL expansion squad.

"They've been standing on their head and have done a great job for us," the veteran quarterback said Wednesday. "It gives us comfort knowing that all we have to do is handle our side.

"We know the defence will keep us in the games, but we want to return the favour and score a lot of points and put this thing to bed early instead of having to go out and save the day for us as they've been doing throughout so many games."

The numbers don't necessarily support Burris. Ottawa's defence is ranked last overall in rushing yards allowed (129.1 per game), passing yards (279), total yards (393.8), rushing touchdowns (12), sacks (20) and seventh in points (25.8).

However, those stats only tell part of the story. Ottawa's offence is ranked last in the CFL in scoring (14.1 points per game), first downs (158) and rushing (66.7 yards), eighth in total yards (284.9 per game) and seventh in passing (238.2 yards per game).

That's often put the onus on the defence to keep games close and give the offence a chance to earn a low-scoring victory. That certainly was the case in Ottawa's lone victory, an 18-17 home-opening win over Toronto on July 18 that saw kicker Brett Maher account for the Redblacks' points with six field goals, including the winner from 23 yards out with 28 seconds remaining.

Maher's historic boot was set up by a smart 60-yard, six-play drive engineered by Burris that came after Toronto's Swayze Waters connected from 46 yards out to give the Argos a 17-15 lead with 1:33 remaining.

"The defence has had a good energy and confidence level about them where they just want to go out and play whoever," said Ottawa head coach Rick Campbell. "We've also been trying to have some continuity on that side so we could grow as well."

THE CANADIAN PRESS

Week 13 pick

Redblacks at Roughriders, Sunday, 2 p.m., TSN

Sunseri makes his second start for Saskatchewan (8-3) and shouldn't shoulder all the blame for last week's loss in Hamilton. The Ticats were solid against the run and also had five sacks and an interception. Consistent first-down production from the ground game would certainly make life easier for Sunseri. Ottawa (1-9) comes off the bye week having shored up its defence with the addition of linebacker Domaso Munoz, the former Edmonton Eskimo standout who was recently released by the NFL's Tampa Bay Buccaneers. The Riders won the last meeting 38-14 on Aug. 2 in Ottawa and are 4-1 at Mosaic Stadium.

Pick: Saskatchewan

Champions League

Bayern opens with a slim win over Man City

Jerome Boateng struck in the final minute to give Bayern Munich a 1-0 win over Manchester City in the sides' opening Champions League Group E game on Wednesday.

Boateng scored with a wonderful half-volley that took a slight deflection from Robert Lewandowski before flying inside the far post after Arjen Robben's corner.

It was looking like Man City goalkeeper Joe Hart's inspired performance would be enough to salvage a draw. The visitors' went closest through David Silva's flying header in the 63rd minute. THE ASSOCIATED PRESS

'We made a mistake'

Vikings regret bringing back Peterson

Hours after reversing course and benching Adrian Peterson indefinitely, Minnesota Vikings owner Zygi Wilf said Wednesday that the team "made a mistake" in bringing back their superstar running back following his indictment on a felony child-abuse charge in Texas.

"We made a mistake and we need to get this right," he said at a crowded news conference.

Peterson is accused of injuring his four-year-old son by spanking him with a wooden switch earlier this year. Peterson's been put on the exempt-commissioner's permission list, meaning he is off the active roster while he deals with his legal affairs. THE ASSOCIATED PRESS

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't compromise your principles today. You may think others will admire your pragmatic approach, and maybe they will, but rivals will see it as a sign of weakness.

♉ Taurus
April 21 - May 21
Avoid anything too adventurous today. Stick with what feels right to you, even if others say it is boring. You know what you like and there is no reason why you should change it.

♊ Gemini
May 22 - June 21
If you get the chance to improve your cashflow situation, take it. Your ability to make quick and correct decisions means you will be much in demand today.

♋ Cancer
June 22 - July 23
Be careful that what you say to a loved one doesn't hurt them. You have every right to express your opinion, but you also have a responsibility to think what the consequences might be.

♌ Leo
July 24 - Aug. 23
You are desperate to spread your wings. You will get the chance not long after the Sun changes signs on the 23rd. For now, finish what you started.

♍ Virgo
Aug. 24 - Sept. 23
You may not be able to take your own plans further right now but you can certainly help a friend with something that means a lot to them.

♎ Libra
Sept. 24 - Oct. 23
Whether or not you have the experience to take on a new role at work is irrelevant. What matters is that you have the intelligence and the ambition.

♏ Scorpio
Oct. 24 - Nov. 22
What you get over the next 24 hours may not be what you want but it is exactly what you need. If a friend makes a suggestion, you would be wise to take it seriously.

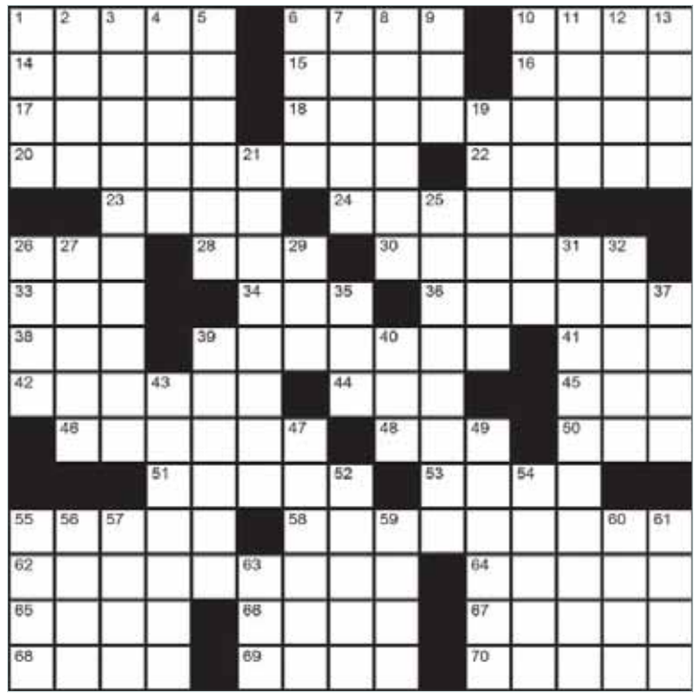
♐ Sagittarius
Nov. 23 - Dec. 21
A little knowledge can be dangerous, so whatever it is you discover today don't act on it yet. In the fullness of time you'll find it is only half of the picture.

♑ Capricorn
Dec. 22 - Jan. 20
Don't waste time on petty arguments when there are so many important matters that require your attention. There's enough room for every opinion.

♒ Aquarius
Jan. 21 - Feb. 19
However much you might fear the unknown, confront it over the next few days. Otherwise, you may not be in the frame of mind to take advantage of the opportunities coming your way.

♓ Pisces
Feb. 20 - March 20
You know what you want and you know how to get it. So what are you waiting for? The time is right to make your bid for fame and fortune, so don't hold back a moment longer.

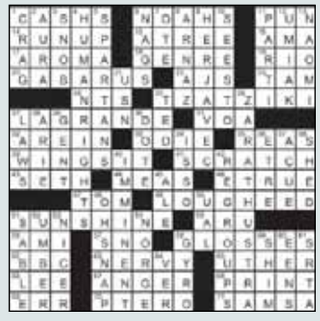
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Alexandre __, The Count of Monte Cristo author
6. Force on upcoming FOX series "Gotham" [acronym]
10. Loudness unit
14. Denigrate
15. "This is __ _ big mistake!"
16. Cedar Rapids state
17. __ __ a beet
18. Nova Scotia's celebrated folk artist (b.1903 - d.1970): 2 wds.
20. Artsy event: 2 wds.
22. Heraldic wreaths
23. Actor Will
24. Huge
26. Mineral __
28. Scottish writer Josephine
30. 'Apple pie a' needs it: 2 wds.
33. She's opposite
34. Sine __ non (Essential thing)
36. Referencing
38. US dog org.
39. Arctic footwear
41. Dietary letters
42. Type of beard
44. Gremlin
45. High society, Bon __
46. Task-ful trip
48. Charles Dickens protagonist
50. Winnipeg airport code
51. Go in
53. Sud's opposite
55. Brit now living, e.g., in Canada
58. 1995 novel by Canadian author Wayson Choy, The __ __
62. "Yukon Men" channel
64. Showbiz agent, Swifty __ (b.1907 - d.1993)
65. Tuner
66. Frozen beverage name
67. "Let's Make __": 2 wds.
68. Van Gogh's Bank of the __ at Auvers
69. Middles, mini-ly
70. Director Mr. Harlin

Down
1. Jeanne _'__
2. Slangy 'super'
3. Island-of-animals 2005 animation
4. "It's _ __ bet that..."
5. Group of six
6. Explorer, Vasco da __
7. Insurance company filing
8. Canadians (note the 's'), as opposed to Canadian
9. Father
10. Stock pantomime character
11. Wolf's wail
12. Boo-boo
13. Northern BC's __ River
19. __ Express (Canada-based courier)
21. Patronize
25. The __ __ (Canuck artist Tom Thomson tree painting)
26. Certain carpet
27. 'Orange' tea
29. Chuckling sound!
31. Donald Sutherland war picture starring Lee Marvin, "The __ __" (1967)
32. Fund
35. Will Smith movie
37. Turf ruler
39. Have the intention: 2 wds.
40. Li'l strike caller!
43. Overly-sweet sentimentality
47. Dishearten
49. Tree type
52. More unique
54. Writer Charles' bookish surname
55. Taro root
56. Gladiator's 13
57. Pro bono TV spots
59. Nice 'n Easy products
60. "Wavin' Flag" by K'__
61. Every 12 mos.
63. The Old __ (Theatre in London, England)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1				5			6	
			3			2		
3		2			6	9		
		1						8
5		9	2		7	4		6
8						7		
		6	8			5		9
		3			1			
	9			3				7

Yesterday's Sudoku

2	3	4	5	9	6	1	8	7
8	6	7	3	1	4	5	9	2
5	9	1	8	7	2	3	6	4
9	4	8	2	5	3	6	7	1
7	2	3	6	8	1	4	5	9
1	5	6	9	4	7	8	2	3
4	8	5	1	2	9	7	3	6
6	1	2	7	3	5	9	4	8
3	7	9	4	6	8	2	1	5

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• NO SCRUBS • SAY YOU'LL BE THERE
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